

My goal planning

S.M.A.R.T goals give us a guide to making sustainable behavior change. Research says, with using these extra questions we are more likely to be successful in our actions. Use the space below to answer each of the S.M.A.R.T questions, and remember to only take on one goal at a time.

Specific: What do I want to achieve? Focus on one particular area of improvement.

I WANT TO INCREASE MY VEGETABLE INTAKE

Measurable: How will I be able to see that I am making progress?

I WILL PURCHASE VEGETABLES AND THEY WILL BE GONE BY THE END OF THE WEEK

Attainable: What do I need to do in order to achieve this goal? What steps I should take?

I WILL HAVE FRUIT OR VEGETABLES IN MY MAIN MEALS

Realistic: Can this realistically be accomplished?

YES - I CAN BUY FROZEN VEGETABLES TO HAVE A WORK SO I DON'T FORGET

Timely: When am I going to work on this goal? How long will it take to accomplish this goal?

NOW- FOR ATLEAST 5 DAYS OF THE WEEK

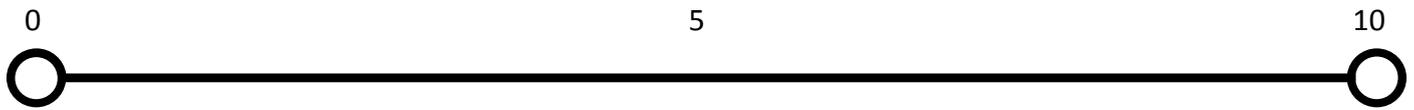
Date: _____

Assessing the importance as well as my confidence and readiness to change - Initial

Make a line on the scale to note where you are feeling.
Use the space below the line to note why you put this number.

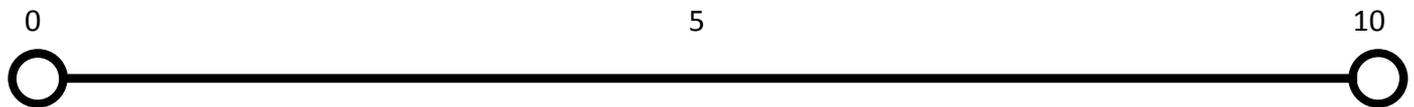
The importance

On a scale of zero to ten, where zero is not at all important and 10 is extremely important. How important is it for you to change now?



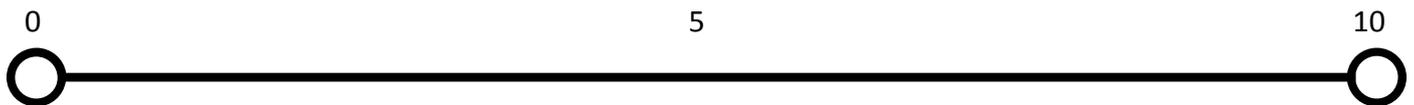
My Confidence

On a scale of zero to ten, where zero is not at all important and 10 is extremely important. How confident are you that you could make a change now?



My readiness

On a scale of zero to ten, where zero is not at all important and 10 is extremely important. How ready are you that you could make a change now?



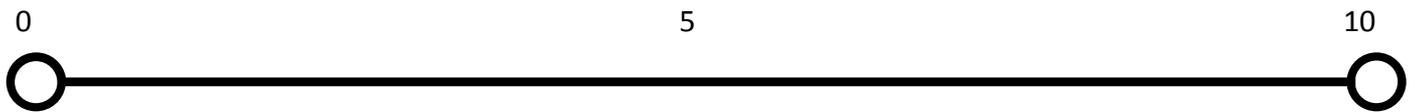
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Assessing the importance as well as my confidence and readiness to continue change - Follow up

Make a line on the scale to note where you are feeling.
Use the space below the line to note why you put this number.

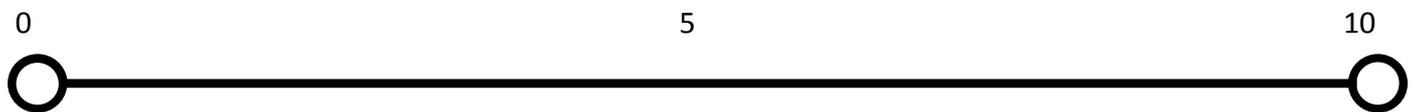
The importance

On a scale of zero to ten, where zero is not at all important and 10 is extremely important. How important is it for you to continue change?



My confidence

On a scale of zero to ten, where zero is not at all important and 10 is extremely important. How confident are you that you will continue to make these changes?



My motivation

On a scale of zero to ten, where zero is not at all motivated and 10 is extremely motivated. How motivated are you to continue what you've started?



Choosing your goals

Choosing goals isn't always easy. We might have an idea about what we want to achieve, but sometimes how to get to that result is a bit fuzzy and hard to understand. Here are our three top tips for choosing what you want to start working on:

Positive verse negative goals:

- Negative goals are emotionally unattractive, which makes it hard to focus on them. You can end up feeling down or sad until you achieve them (outcome goals usually have this trait).
- Re-frame any negative goals so that they sound positive: you may be surprised by the difference this makes!
- An example of a negative goal is to "stop eating biscuits." A positive way to rephrase this is to "increase fruit as snacks."

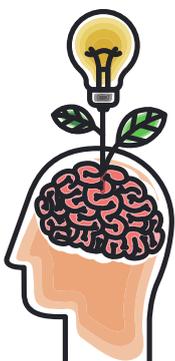
Outcome goals verse action goals:

- Outcome goals are out of our control, like "I want to lose 10kg" - we can measure and check in with these goals frequently but see no change - like on the scales.
- Action goals are process based, instead the end goal they focus on the wins throughout the journey which helps the actions to be sustainable.



Why not to choose weight loss as a goal:

- Weight loss is not an actionable behavior - you cannot just decide to lose weight instead you must make changes to your behavior (like walking or sleeping).
- Losing weight does not guarantee you'll be happy or healthier.
- Weight loss is not motivating as it often doesn't feel good especially if it is coming from body shame - instead think back to something positive, move your body to be strong, and mobile, not thin.



Here are some fuzzy goals:

- To lose weight
- To get healthier
- To feel better
- To get fit



Here are some practical actionable goals:

- To eat more fruit and vegetables
- To be able to touch my toes
- To make sure I get 7 hours a sleep each night
- To be off my mobile phone by 9 pm each night
- To have more structure in my eating patterns
- To practice more mindfulness